



**The beat goes on**  
Help fight  
heart disease in  
Langlade County  
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# pathways



# 4 steps to a safer Summer

**AH**, endless summer. Wouldn't it be nice? Of course that's just wishful thinking. Still, from beaches to barbecues, there's a lot for you and your family to enjoy while the warm days last.

So have some fun all summer long. But be sure to also follow these four suggestions for avoiding some potential pitfalls of warmer weather:

## 1 Respect the sun—and the heat.

Ultraviolet (UV) rays from the sun can damage skin and increase the risk for skin cancer. Soaring temperatures can trigger heat-related illnesses that can be deadly. To decrease your risk:

- ▶ Avoid outdoor activities during the hottest part of the day—UV rays are strongest from 10 a.m. to 4 p.m. And always seek the shade no matter what time you're outside.
- ▶ Wear some essentials: sunscreen with

an SPF (sun protection factor) of 30 or more on all exposed skin, a wide-brimmed hat to shade your head, and UV-blocking sunglasses.

- ▶ Drink plenty of water, especially if you start to sweat a lot. If you begin to feel faint or sick to your stomach, get to a cool place quickly and consider seeing a doctor.

**2 Don't spoil the picnic!** Warmer weather quickens the growth of bacteria in food, which increases the risk of food poisoning. Remember to chill leftovers promptly—and toss any food left sitting out for two hours (or one hour in 90-plus degree weather).

**3 Beware of bugs.** Ticks and mosquitoes can carry illnesses such as West Nile virus or Lyme disease. To help guard against these pests, use an insect repellent that contains DEET (read the packaging for proper use). After hiking or walking in areas with tall grass, remind everyone to check for ticks. If

*Be healthy and safe this summer. Our Emergency Department is open 24/7, however, if you need help.*

you spot one, you can usually remove it with tweezers.

**4 Watch out around water.** Never take your eyes off children around water—not even briefly. Someone can drown in the time it takes a distracted adult to answer a phone, for instance.

Some additional pointers for the pool, lake or ocean:

- ▶ Never swim alone—no matter how good a swimmer you are.
- ▶ Always wear a life jacket when boating.
- ▶ Never mix alcohol with water recreation.

Sources: American Academy of Pediatrics; American College of Emergency Physicians; Centers for Disease Control and Prevention



## Welcome, Ashley St. Clair, APNP

Aspirus and Langlade Hospital welcome Ashley St. Clair, Advanced Practice Nurse Practitioner, to their team of experts. Ashley has practiced in the area since 2013. Outside of medicine, she enjoys spending time with her husband and their greyhound, Louie. She also likes to stay active and explore the beautiful Wisconsin outdoors.



**DON'T LET PAIN CONTROL YOUR LIFE.**  
Schedule an appointment with Ashley St. Clair, APNP, at Langlade Hospital Pain Clinic. Call 715-623-9432.

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SPRING 2015

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SPIRITS AT THE LAKE



Amelia, daughter of Hillary Weberpal, RN, and Matt Weberpal



## We're grateful

It's hard to believe that July will mark my second anniversary at Langlade

Hospital as both a radiologist and Director of the Radiology Department. So much has happened, both professionally and personally, in that short time. At Langlade Hospital, the Imaging Department installed a new state-of-the-art CT scanner in October of 2014. On the personal side, my wife Cathy, 8-year-old daughter Abbey and I welcomed Lucy to our family in March of 2014.

The new year also brought me the opportunity to assume the role of Chief of Staff, replacing Renee Smith, MD, who has decided to devote more time to her roles of Chief Medical Officer at Langlade Hospital and Regional Medical Director of Aspirus Clinics, Inc. It will be impossible to replace the leadership that she provided as Chief of Staff. I hope to continue to build on all that she started and accomplished in her two years in that role.

### It takes a team

I would like to recognize the outstanding providers that we have welcomed to the medical staff in the last year. February marked the first anniversary of Michele

Prevost, MD, and Gary Benedetti, MD, who have brought outstanding orthopedic care to our community. April marked the one-year anniversary of Greg Dodge, MD, who has been a welcome addition to the surgical team. He has played an active role in establishing a multispecialty breast team in the hopes of streamlining and providing the best possible care for patients from mammogram to treatment. Turn to page 8 to see Dr. Dodge's answers to common questions about surgery.

More recently, Niaz Haque, MD, Medical Oncologist/Hospitalist, and Christopher Platta, MD, Radiation Oncologist, have been welcome additions to the cancer center. Additionally, Ashley St. Clair has become a permanent fixture in the pain clinic as an Advanced Practice Nurse Practitioner, while Jodi Space, Ashley LaFontaine and Nathan Rentrum have been valuable additions as midlevel providers in the General Clinic.

What an exciting time and an honor to be a part of our medical team! As you can see, Langlade Hospital is committed to adding outstanding primary care and specialty clinicians. Our goal continues to be to provide the very best care locally for all of our patients.

*Michael Olson, DO*  
Langlade Hospital Chief of Staff

LANGLADE HOSPITAL'S *PATHWAYS* is a free publication intended to provide health information to the people living in and around Langlade County. Langlade Hospital is proud to offer this publication as a resource to you and your family. This publication is also available online at [www.aspirus.org](http://www.aspirus.org).

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Information in this publication is not intended to replace medical advice, nor is it for self-diagnosis. Individuals should speak with their primary care provider or other health care professionals regarding medical concerns.

If you would prefer not to receive *Pathways* magazine, call Sarah Olafson at 715-623-9877 or email [solafson@langhosp.org](mailto:solafson@langhosp.org) and provide your mailing address.

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CMM31144





Rachel Rine, RN; Kirk Lewis, RN; and LuAnn Buehler, RN, with their patient in the Emergency Department.

# Langlade Hospital is here when you need help

**WHEN** your doctor's office is closed, it may be hard to know if you should go to an emergency room or an urgent care center. These lists (at right) can help you decide.



## QUESTIONS ABOUT YOUR CARE?

Call your Primary Care Provider or the Clinic at 715-623-2351.



## EMERGENCY ROOM

Signs of an emergency include:

- ▶ Trouble breathing.
- ▶ Chest pain or pressure.
- ▶ Any sudden or severe pain.
- ▶ Fainting, sudden dizziness or weakness.
- ▶ Bleeding that can't be controlled.
- ▶ Severe vomiting or diarrhea.
- ▶ Coughing up blood.
- ▶ Suicidal feelings.
- ▶ Problems speaking.
- ▶ Spinal cord or back injury.
- ▶ Seizures



## URGENT CARE CENTER

You might visit an urgent care center for:

- ▶ Minor cuts that need stitches.
- ▶ Sprains and strains.
- ▶ Minor bone fractures.
- ▶ Insect stings or animal bites.
- ▶ Minor burns.
- ▶ Fever.
- ▶ Flu.
- ▶ Coughs, colds and sore throats.
- ▶ Ear infections.
- ▶ Rashes.
- ▶ Allergies.

Source: American College of Emergency Physicians



# A heartening change in care

Aspirus is the first in Wisconsin to implant a new device that, by sensing complications early, helps heart failure patients avoid hospitalization

Aspirus Heart & Vascular continues to lead in heart care and research. CardioMEMS is the latest in a long line of pioneering services and procedures that offer patients the best possible outcomes.



## HERE FOR YOUR HEART

For more information on cardiology and heart and vascular services at Aspirus, go online to [aspirus.org/heart](http://aspirus.org/heart). 715.847.2380 or 800.847.4707.

**THERE** may not be a scarier name for a health condition than “heart failure.” While the condition is serious, it does not mean that your heart is about to stop. The term simply means your heart isn’t pumping like it should.

When the heart doesn’t pump properly, it can be hard for blood to get to your lungs to pick up oxygen. When this occurs, fluid can build up in your body, and you may feel fatigued or short of breath. Heart failure can be managed, but there is no cure, and it tends to get worse over time.

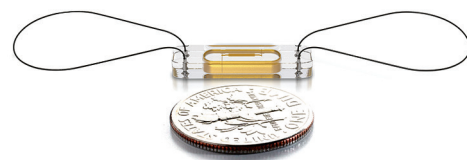
Heart failure is a leading cause of hospitalization. And according to the Centers for Disease Control and Prevention, patients hospitalized for heart failure are typically in the hospital for one to four days, but some can require stays of up to 11 days or more.

## Managing heart failure just got easier

On Feb. 10, Aspirus Heart & Vascular cardiologist Paul Luetmer, MD, became the first physician in Wisconsin to implant a new device for patients with heart failure.

The device, called The CardioMEMS™ Heart Failure System, is the first and only FDA-approved heart failure monitoring solution that provides physicians with vital real-time measurements from inside

a person’s body. These measurements, such as pulmonary artery pressure and heart rate, allow physicians to more effectively manage heart failure in patients and drastically reduce the likelihood of hospital readmissions. In trials, the use of CardioMEMS reduced hospital admissions for heart failure patients by 37 percent.



The implanted sensor is smaller than a dime.

“Heart failure is a complex condition that can be difficult to manage,” Dr. Luetmer says. “It is a chronic condition that progressively gets worse because the congestion and fluid retention in the lungs or veins associated with heart failure are difficult to predict and often don’t present until they’ve already progressed to the point where hospitalization is required to stabilize the patient.”

Janet Zurn, 74, can attest to the challenges people with heart failure face. Zurn is the first patient to have the CardioMEMS device implanted. The

# Making hearts happy

Aspirus provides cardiology services throughout north central Wisconsin and the Upper Peninsula of Michigan.

## Wisconsin Locations

Antigo                      Stevens Point  
Eagle River                Wausau  
Medford                    Wisconsin Rapids  
Rhinelander                Woodruff

## Michigan Locations

Iron River                    Ironwood  
Laurium



## HOME IS WHERE THE HEART CARE IS

To find cardiology services near you, go online to [aspirus.org/cardiology](http://aspirus.org/cardiology).



**German Larrain, MD**  
Cardiologist  
and Medical Director,  
Aspirus Heart & Vascular



**Paul Luetmer, MD**  
Cardiologist,  
Aspirus Heart & Vascular



**Janet Zurn**  
First CardioMEMS  
implantee in Wisconsin

Weston resident has had heart issues for several years and found out she had heart failure a little over a year ago. In October 2014, she was hospitalized for eight days while more than 20 pounds of excess fluid was removed from her body.

“The doctors at Aspirus recommended that I have the procedure done, and I was all for it, especially when they said it would be a quick procedure with only a tiny incision,” Zurn says. “Now that I have the device in place, my doctors can be more proactive instead of reactive in monitoring me and adjusting my medications.”

## About CardioMEMS

CardioMEMS consists of a small sensor that is permanently implanted into a person’s pulmonary artery via a catheter during a minimally invasive procedure. Once in place, it provides real-time, on-demand access to data. Patients use a wireless electronics system to transmit the data to a secure website, which can be accessed remotely in a doctor’s office. With access to this data, physicians can make time-sensitive treatment decisions that can help keep patients out of the hospital.

“Patients with heart failure are primarily hospitalized due to increased congestion, the symptoms of which are shortness of breath, increased fatigue,

weight gain and swelling of the lower extremities,” says German Larrain, MD, cardiologist and medical director of Aspirus Heart & Vascular. “CardioMEMS aids us in the early detection of changes in pulmonary artery pressure, so we can adjust medications much sooner and prevent or minimize these other symptoms and keep people out of the hospital.”

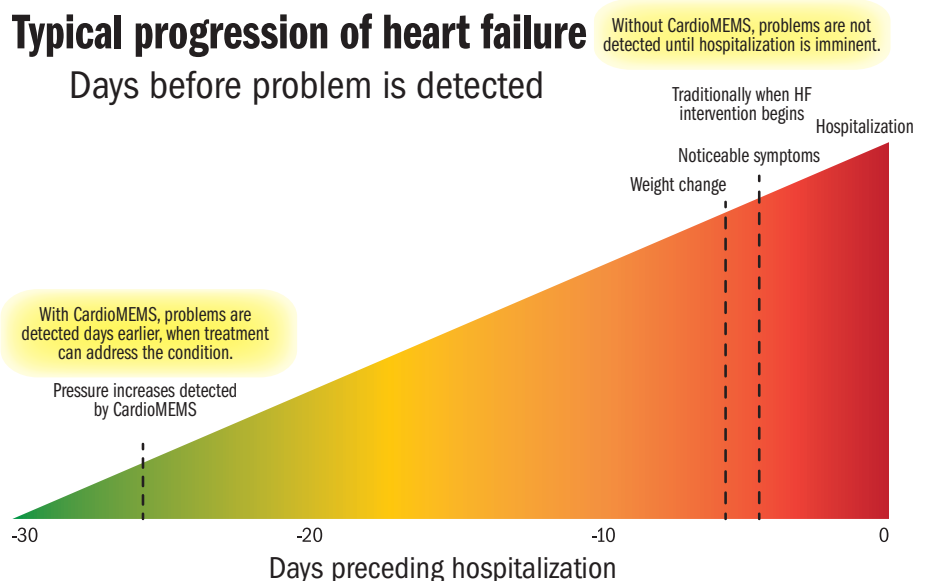
Heart failure gets worse the longer symptoms and fluid retention are able to persist before they can be stabilized. Traditional tests used to confirm the progression of heart failure, like electrocardiogram, lab work and chest

x-ray, don’t always produce results that align with each other. This adds to the complexity for physicians trying to help patients manage their condition.

“The body naturally tries to compensate for the effects of heart failure, but the stress of doing so eventually makes the condition worse and causes inadequate blood flow to vital organs,” Dr. Luetmer says. “CardioMEMS allows us to limit this stress by detecting even subtle changes much earlier, so we can modify a patient’s management plan accordingly to keep their condition under control and prevent hospitalizations.”

## Typical progression of heart failure

Days before problem is detected



# The good, the bad and **the healthy**

## Wrangling with tough questions? Rope in the answers!

### **Q** Will I really need to have surgery?

**A** During our office visit, I will go over your symptoms and examination and any testing that has been done. We will discuss various options for treatment. Often, a patient who sees me may not need surgery. It is my job to determine which patients do need surgery and also to determine if further testing may be helpful in deciding that. Just because I'm a surgeon does not always mean we need to do surgery.

### **Q** What will happen on the day of surgery?

**A** After registration, you will be escorted to the Surgery Department. You will be cared for by our surgery nurses and staff and will also meet with our anesthesiologist. All of the people involved will answer your questions, review the surgical plan and respond to any concerns you have. I will also meet with you preoperatively to go over any of your remaining questions. We will also make plans for when you will go home and make sure you have any necessary instructions.

### **Q** How much pain will I have during my recovery?

**A** Every surgery is different. We will review this during our office visit and again after surgery. If necessary, prescriptions will be dispensed. We will also talk about any restrictions you may have and whether you need any assistance after.

**GREG DODGE, MD**, is a board-certified surgeon with more than 20 years of experience. He joined Langlade Hospital in April 2014 and specializes in general surgery, including minimally invasive surgeries, colonoscopies, endoscopies, gallbladder removals, hernia repairs and appendectomies. He also performs clinical procedures such as wound care and skin lesion removals.

Dr. Dodge graduated from the University of South Dakota School of Medicine. He and his wife have four children and live in the area, where the family raises, breeds and trains horses. Their ranch sits on 125 acres of fields and woods in the rolling hills of north central Wisconsin. Each summer, they host a rodeo for kids ages 4 to 17 at all levels of riding experience.

Dr. Dodge has been a great addition to the medical staff, and patients love his enthusiastic personality. You'll often see him making his rounds in cowboy boots, visiting his patients with a smile.

*"Dr. Dodge explained things well. [He is] professional but nice, [with a] good bedside manner."*



# ★★★★ Award

Langlade Hospital receives awards from independent research company

**PROFESSIONAL** Research Consultants (PRC) named Langlade Hospital a 2014 recipient of the 5-Star Award in Inpatient Services for Discharge Instructions and a 4-Star Award recipient for Inpatient Services for Overall Quality of Care.

To be a PRC award winner, hospitals are judged against all other health care organizations in similar categories within PRC's nationwide databases. PRC 5-Star Award winners make up the top 10 percent (at or above the 90th percentile) of PRC's national client database. 4-Star Award winners are in the top 25 percent (between the 75th and 89th percentile).

PRC award winners are recognized annually for their achievements in improving patient experiences, health care employee engagement and/or physician alignment based on perceptions obtained through surveys of patients.

"We are so proud of Langlade Hospital and are thrilled to present them with these National Excellence in Healthcare Awards," says Joe M. Inguanzo, PhD, President and CEO of PRC. "These awards are proof that Langlade Hospital

is committed to improving health care. It takes years of dedication, determination and hard work to achieve this level of success. Congratulations to Langlade Hospital and its staff for improving health care services."



Brad Meverden, RN,  
caring for his patient.



## EXTRA, EXTRA!

Read all about the latest Langlade Hospital success stories at [www.aspirus.org](http://www.aspirus.org). Go to the "I Want To" menu and choose "Learn About Aspirus," then "Press Room."

## Awards and recognition

If you have been a patient at Langlade Hospital or the Aspirus General Clinic within the past two years, you may have received a call from a company called PRC, or Professional Research Consultants, Inc.

### Help us improve

As an organization, we continually strive to provide excellent care to our patients. That is why we partner with PRC to facilitate surveys about the care patients have received. A

few days after your visit or stay, you may receive a phone call asking you to participate. It only takes a few minutes and really makes a difference in helping us shape future health care services for you and other patients. Please answer the call and let us know how we are doing.

Rest assured, your medical records remain confidential. PRC only receives information on how to contact you and what service areas you accessed. No other personal information is shared, nor is any information related

to outcomes of a visit made known to the research firm. However, you have every right to decline the survey. If you prefer not to be contacted, please inform a hospital or clinic staff member as soon as possible.

### Share your story

Your opinions are important to us. If you can provide us with information on how we can improve our services or which staff member deserves a pat on the back, we would like to hear from you.

# Hyperbarics helps Wausau woman get her life back

After hyperbaric oxygen therapy, Virginia Litterski is moving again—free of pain

**VIRGINIA** Litterski is still going strong at age 87, despite doubts that she would make it past her 62nd birthday. Her husband, parents and brother all passed away at age 62.

Despite this challenging pattern, Litterski remains independent while living in her Wausau home. She is in good health overall, but about three to four years ago she developed a small sore on her ankle. What started out as a seemingly small issue soon turned into an ongoing battle that made Litterski's life miserable.

"My first sore started as an itch on my lower ankle that became an open wound, so I went to my doctor," says Litterski, who has had diabetes for about 12 years. "My doctor told me that I had poor circulation in my foot and almost none in my toes."

Her provider referred her to Aspirus Wound & Hyperbaric Center because her poor circulation—a byproduct of her age and diabetes—prevented her sore from healing on its own. The treatments healed her wound within a matter of weeks, and Litterski could once again move around pain-free.

## Short-lived relief

Litterski's circulation issues persisted and later caused additional sores to form on her left foot and ankle. Litterski received more beneficial treatments from Aspirus Wound & Hyperbaric Center until she developed a sore that refused to go away.

"The sores always started as an itch on the same leg and in a little different spot," Litterski says. "Each time it happened, it took anywhere from three to six months to heal, but the last one just would not heal."

For six months, providers at Aspirus tried different treatment options for Litterski's wound, but nothing solved the issue. Because the wound was on the lower part of her left ankle, walking or moving her foot had become extremely painful, and she was taking 8 to 10 pain pills a day.

"It hurt constantly, so I rarely left my chair," Litterski says. "I could barely walk, so I couldn't cook and ended up sleeping in my chair most nights."

As Litterski's wounds rendered her immobile, she

could no longer go to church or get together with her friends. Her six children stopped by when they could to help with meals and regular daily activities, but she was beyond frustrated.

"I became so desperate that I would sit by the window with my ankle in the sun, trying anything to dry it out," she says. "Those sores took away my social life."

## Hyperbarics to the rescue

Having exhausted other options, Litterski's providers began hyperbaric oxygen therapy in January 2014. Hyperbaric oxygen therapy treatments can help stimulate healing by delivering oxygen to tissues that aren't getting enough oxygen naturally because of poor blood circulation.

Litterski underwent six weeks of daily hyperbaric treatments but was told at the outset that she was unlikely to see results during the actual treatment cycle. Hyperbaric treatments often don't produce visible signs of healing until weeks and sometimes months after treatments.

Sure enough, about three months after her final hyperbaric treatment, Litterski began to notice visual signs of healing and less pain. Soon, she no longer needed her pain medicine and could walk around with greater ease. Her wounds had shown great improvement but hadn't quite healed, so doctors applied a special skin graft. Just five weeks later, her wounds finally healed completely, ending two years of agony.

"I was a little scared of the idea of hyperbaric treatment at first, but the wound clinic was a godsend and I'm so glad I went through it," Litterski says. "I'm so appreciative of everything they did for me—they gave me inspiration to keep going when I thought those sores would never heal."

Litterski still uses a compression cuff and elevates her leg regularly to help with circulation, but if you're looking for her now, you won't find her confined to her chair. She's on the move, back in the kitchen baking and enjoying dining out with her friends again.



Virginia Literski is back in the kitchen where she loves to bake.



## FOR WOUNDS THAT WON'T HEAL

Hyperbaric oxygen therapy at Aspirus can help. For more information, call the Aspirus Information Center at 715.847.2380 or 800.847.4707.

# How hyperbaric oxygen therapy treats wounds

During treatments, people lie down in a clear chamber where they can see their surroundings and watch TV. The therapy safely delivers high concentrations of oxygen to the bloodstream, which helps to increase the body's own natural wound-healing abilities. The extra oxygen aids in killing bacteria, promotes new tissue growth and improves blood supply to help heal wounds and enhance people's quality of life. Some people notice improvements from treatment in a short period of time; for others the changes may become evident months later.

"A significant number of people can benefit from hyperbaric oxygen



**Matthew Clancy, MD**

therapy because a major cause of chronic wounds is diabetes, which is a growing concern in this country," says

Matthew Clancy, MD, Hyperbarics Medical Director at Aspirus. "For some patients, hyperbaric oxygen therapy is the only opportunity to heal a serious, chronic wound or even to save a limb."

## Comprehensive wound care

There are many treatment options for chronic wounds caused by pressure, burns, diabetes, arterial insufficiency, ulcers, radiation treatment or complex surgical wounds. Talk with your provider about the treatment plan that's best for you.

Fighting heart disease  
in Langlade County



## Help us keep the beat going

The Langlade County Community Health Needs Assessment conducted in 2013 revealed some startling findings. Among them: Heart disease is the leading cause of death among both men and women in Langlade County, and the rate of death from heart disease in Langlade County has consistently been 50 percent higher than the state average.

These statistics are significant and influenced by many factors. In order to raise public awareness regarding heart

disease and to reduce the rate of death caused by heart disease, Langlade Hospital and the Langlade Health Coalition will be conducting a yearlong, multifaceted education campaign that will target citizens of all ages. Titled “The Beat Goes On,” the campaign had a media kick-off in February 2015. The community campaign will continue through February 2016.

“The Beat Goes On” will feature public education events, human interest stories, information on heart disease prevention and lifestyle changes, a fun run for children, and many other

activities spread throughout the year and designed to raise awareness, promote healthy lifestyles and empower the people of Langlade County to change our current story.

### Show your heart

Please contact the Langlade Health Coalition to get involved. We are looking for full community support and collaboration so we can celebrate the health of our community together. Check out the coalition Facebook page and website for updates, meeting schedules and activities.



### JOIN THE BEAT

Log in to [www.facebook.com](http://www.facebook.com) and search for “Langlade Health Coalition” or visit [langladehealthcoalition.com](http://langladehealthcoalition.com).

## WHITE LAKE COMMUNITY GARDEN

# Tending to our community's health



### DIG IN

If you'd like to volunteer at the White Lake Community Garden, call Patsy Listle at 715-882-2179.

**WITH** help and encouragement from the Langlade Health Coalition, White Lake started its first community garden last year. The village offered a vacant lot and, with the help of about 10 volunteers, planted an open garden rather than offering plots.

According to community member Patsy Listle, the strategy worked well. “A volunteer worked the soil with his tractor while we picked rocks,” she says. “We got together often to weed and, when things started producing, passed them out to [the] elderly and the food pantry.”

According to Patsy, the gardeners planted a variety of each vegetable. Seeds and plants were all donated, and the coalition offered a grant to put up a fence.

“We feel the garden was a success and are anxious to do it again,” Patsy says. “The things

we will change this year are the fencing, because rabbits chewed through, and possibly getting the water hooked up. A volunteer hauled water last year. We won't plant so many varieties of each vegetable. The Country Store donated the seeds for this coming year. We will need tomatoes, green peppers and cabbage plants.

“I used to have a large garden every year,” Patsy adds. “I never realized how much I missed the fresh vegetables. There is a big difference!”

Patsy Listle

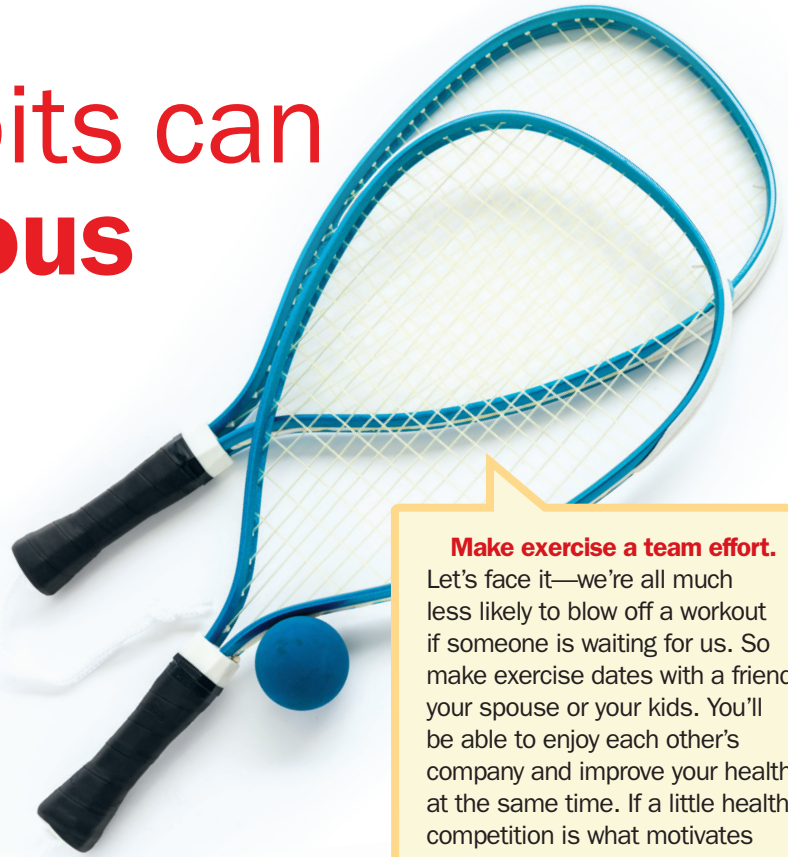


# Healthy habits can be contagious

**YOU** share dinner with your kids, TV time with your spouse and lunches out with co-workers. And without realizing it, you may be sharing your health habits (or lack thereof) with those close to you.

Research suggests that the habits—whether healthy or unhealthy—of those around us can influence our own habits. And our choices, including the foods we eat and the way we spend our leisure time, are likely to have a subconscious but significant impact on our friends and loved ones as well.

So, in the spirit of spreading good health, why not make sure the habits you're sharing will benefit everyone in your circle of health? Try these ideas from the Centers for Disease Control and Prevention.



## **Make exercise a team effort.**

Let's face it—we're all much less likely to blow off a workout if someone is waiting for us. So make exercise dates with a friend, your spouse or your kids. You'll be able to enjoy each other's company and improve your health at the same time. If a little healthy competition is what motivates you to stay active, set up a video game fitness tournament.



## **Create a healthy food contest.**

For family meals and friendly gatherings, make it a challenge to plan a menu that is both healthy and satisfying. Share meal and recipe ideas with friends.



## **Band together to shed unwanted pounds.**

You might arrange a friendly weight-loss competition at work. Or you and a friend may decide to keep food journals. Sharing that information can help you both stay accountable for your food choices.



## **Kick the habit collectively.**

It can be extremely difficult to quit smoking if those around you are still lighting up. Recruit your smoking buddies to set a group quit date. You can visit each other's homes to be sure all lighters, ashtrays and cigarettes are tossed out. Your fellow quitters will be an invaluable source of support.

# Opening doors in health care



**Sue McVey, BSN, RN**  
Care Coordinator

**THE** Aspirus General Clinic, Antigo, is pleased to offer the Patient Centered Medical Home program for their patients. A Patient-Centered Medical Home (PCMH), also known as a medical home, is not an actual building, house or hospital—it is a new way of thinking about health care.

A PCMH is a continual partnership with your personal health care provider who coordinates the necessary care for patients. It is a team approach to providing health care in a high-quality and cost-effective manner.

A key member of any care team is the care coordinator. Our care coordinator is Sue McVey, BSN, RN. Sue has over 30 years of nursing experience in a variety of clinical areas. Sue says, “As a care coordinator and a registered nurse, I work with the providers and their support staff to assist you with ongoing guidance of your health.”

The care coordinator’s role is to:

- ▶ Help you navigate the health care system.
- ▶ Help you understand warning signs and symptoms and what actions to take.
- ▶ Review your medication plan, working with you to understand your medications and why you’ve been directed to take them.
- ▶ Coach and support you in taking an active role in your health.
- ▶ Facilitate access to community resources.
- ▶ Assist with access to health care equipment, supplies and



medications you may need.

The physician leads the team of medical professionals, who together take responsibility for a person’s health care through all stages of life. PCMH promotes prevention, proactively manages chronic illness and engages patients in their care to attain optimum health. Benefits of a medical home include coordinated care, improved communication, accessibility, prevention, patient satisfaction and continuity of care.

The PCMH model of care for patients is endorsed by the American Academy of Family Physicians, the American Medical Association and the American College of Physicians.

If you have a chronic illness and would like to work with a PCMH care coordinator, talk to your health care provider.



## ..... **COME ON HOME**

Want to work with a PCMH care coordinator?  
Call 715-623-2351.

# Thank you

## A fond farewell to Dr. Szmanda



Mark T. Szmanda, DO, who has provided neurology services to patients for the past 13 years, will be closing his practice at Langlade Hospital on April 30. Dr. Szmanda was born and raised in Antigo. He has enjoyed a busy practice and has served his patients and the hospital well during those years. He is a compassionate, caring and dedicated medical professional.

In addition to his medical practice, he has served on the hospital’s Mission Committee and has provided musical entertainment for many hospital functions, as he is an accomplished singer, songwriter and musician. We wish him well with his future endeavors and continued professional partnership.

# SPIRITS AT THE LAKE



## Spirits at the Lake

Friday, July 10, at Bass Lake Golf Course  
(Deerbrook)

This year's fundraising event is being held on Friday, July 10, at Bass Lake Golf Course. Golfers tee off at noon for a fun-filled outing that has been sold out each year!

Beginning at 5 p.m., over 400 guests will enjoy a Hawaiian buffet with live music performed by Hip Pocket as well as hula dancers, a magnificent silent auction and raffle prizes. Tickets are \$35 in advance and can be purchased at The Refuge Restaurant in Antigo and Bass Lake Bar & Grill. A safe ride home is provided at no charge to all guests by Malliette Bus Company.

For more information on sponsorship opportunities or evening tickets, please email Jenny Schlundt at [jschlundt@langhosp.org](mailto:jschlundt@langhosp.org) or call her at 715-623-9557.



COMMUNITY HEALTH FOUNDATION  
OF LANGLADE HOSPITAL

## Sharing the spirit

**THE** 2014 "Spirits at the Lake" fundraising event was a big success, profiting over \$60,000. Some of the funds from this event were distributed to the **Healthy Kids** ☺ **Bright Kids** grant opportunity designated for local schools within Langlade Hospital's service areas. We also funded project requests for the Volm Cancer Center, Boys and Girls Club, Community Partners for Medications Safety, the Antigo Fire Department, the Antigo Police Department, 4-H Camp Susan supplies, Camp American Legion, AED equipment, Langlade Hospital's Dialysis Department, the Department of Aging & Disability, a music therapy program for Rosalia Garden residents, and the Antigo Swim Club.



On the driving range: Dan Bastle, Langlade Hospital Physician Recruiter; Dave Schneider, CEO; and Sandi Robrecht, Langlade Center for Health and Performance.

## Contact us

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Aspirus General Clinic	715-623-2351
Marketing Department	715-623-9877 715-623-9455
Community Health Foundation	715-623-9557

Visit us online at  
[www.aspirus.org](http://www.aspirus.org)

If you did not receive this issue at your home address and would like one sent to you, please email [solafson@langhosp.org](mailto:solafson@langhosp.org).



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# Could it be diabetes?

Don't chalk up symptoms to getting older

**WE** know our health can change as we age. Eyesight may falter. Hearing may fade. Fatigue may build. But are we right to blame it all on aging? Maybe not, experts say.

In fact, many so-called signs of aging may actually point to another serious condition: type 2 diabetes.

## Is it the sugar?

Diabetes is related to how we convert food to energy. When we eat, our bodies break down food into glucose, a type of sugar. Glucose powers our cells. Insulin helps glucose move from the blood into the cells.

People with type 2 diabetes either don't make enough insulin or their bodies don't use insulin correctly. Either way, glucose builds up in the blood.

High blood sugar causes a number of symptoms, some of which can be confused with aging. For instance:

**Poor vision.** Too much glucose can distort structures in the eye and blur vision.

**Trouble hearing.** High glucose damages blood vessels and nerves. When that damage occurs in the ear, hearing can suffer.

**Growing fatigue.** When food isn't properly converted into energy, you can feel run down.

**Greater appetite.** Glucose trapped in the blood can't reach—and fuel—your cells. Your body believes more fuel is needed. Result? Hunger pangs.

**Increasing thirst.** Kidneys remove excess glucose from the blood. The body expels it as urine. The more you urinate, the thirstier you get.

If you have any of these symptoms, see your doctor.

## Are you at risk?

A lack of symptoms doesn't always mean you're diabetes-free. Many people with type 2 diabetes have no symptoms. That's why you should also know the risk factors for diabetes.

For instance, diabetes is more common when people are older and overweight.

Ask your doctor if you should be tested for type 2 diabetes. If you do have it, your doctor can help you keep it under control.

Sources: American Association of Diabetes Educators; American Diabetes Association



## YOU'RE NOT ALONE

Find support, cooking tips and more at our diabetes support group. Call 715-623-9373.

